

CLAIMS:

1. An optical recording medium comprising a recording layer formed of a phase change material and capable of recording data therein at a linear recording velocity equal to or higher than 10 m/sec, wherein R_{top} satisfies the condition that it is larger than $\{11 - (V/5)\}$ and smaller than $\{22 - (2V/5)\}$, where R_{top} (%) is a reflectivity of the crystal state of the phase change material forming the recording layer and V (m/sec) is a target linear recording velocity.
2. An optical recording medium in accordance with Claim 1, wherein R_{top} and V satisfy the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{20 - (4V/11)\}$.
3. An optical recording medium in accordance with Claim 1, wherein R_{top} and V satisfy the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{18.3 - (V/3)\}$.
4. An optical recording medium comprising a recording layer formed of a phase change material and capable of recording data therein at a linear recording velocity equal to or higher than 10 m/sec and having recording condition setting information related to a linear recording velocity V (m/sec) that should be set when recording data, wherein R_{top} satisfies the condition that it is larger than $\{11 - (V/5)\}$ and smaller than $\{22 - (2V/5)\}$, where R_{top} (%) is a reflectivity of the crystal state of the phase change material forming the recording layer.
5. An optical recording medium in accordance with Claim 4, wherein

R_{top} and V satisfy the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{20 - (4V/11)\}$.

6. An optical recording medium in accordance with Claim 4, wherein
5 R_{top} and V satisfy the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{18.3 - (V/3)\}$.

7. A method of recording information to an optical recording medium comprising a recording layer formed of a phase change material whose
10 reflectivity is R_{top} (%) when it is in a crystal phase, which method records information under the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{22 - (2V/5)\}$, where V (m/sec) is a linear recording velocity.

8. A method of recording information to an optical recording medium in
15 accordance with Claim 7, wherein information is recorded under the condition that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{20 - (4V/11)\}$.

9. A method of recording information to an optical recording medium in accordance with Claim 7, wherein information is recorded under the condition
20 that R_{top} is larger than $\{11 - (V/5)\}$ and smaller than $\{18.3 - (V/3)\}$.